



MENTOR
RHODE ISLAND

Dear Jo-Ann,

THE 2018 FROZEN CLAM DIP & OBSTAPLUNGE

New Year's Day at Noon Goddard Memorial State Park Beach



Join **MENTOR Rhode Island** and our co-host **Laid-back Fitness** for the 7th annual Frozen Clam Dip and Obstaplunge. You can kick-off the new year and National Mentoring Month 2018 with an invigorating dip into Narragansett Bay, or take on the Obstaplunge...a half-mile "American Ninja Warrior" style obstacle course that finishes with the dip.

Check-In begins at 11AM
Dip and Obstaplunge at Noon

\$30: Traditional Frozen Clam Dippers
\$40: Obstaplungers

[REGISTER HERE!!!](#)

In the words of our fearless leader...Ryan McGowan of Laidback Fitness,
"there are no fair-weather dippers among our ranks."

We are still a go despite a frigid forecast. We will make every effort to provide opportunities to warm-up but we encourage all participants to take every precaution necessary to keep themselves safe, warm, and dry, except for the actual moment of the dip. And remember...

NO GRIT
No Pearl



www.totallyyamsworld.com

All paid participants will receive a long-sleeve t-shirt!
All participants will need to sign a waiver at the event.
Participants under the age of 18 will need to have a parent/guardian present to sign their waiver.



This event is only possible through the support of our amazing sponsors!!!

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Sincerely,

The MENTOR Rhode Island team:

Jo-Ann, Sue, Pam, Nichole, Celeste, Cathy, Christopher, Darnell, & Marc

MENTOR Rhode Island | 401-732-7700 | inquiry@mentorri.org | www.MentorRI.org

STAY CONNECTED:



MENTOR Rhode Island, 2065 Warwick Ave., Unit 1, Warwick, RI 02889

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